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Joe "Tipi Joe" Lanceley was shocked last week when his teepee village campsite — a mainstay of the Winnipeg Folk Festival for the last 13 years — was denied animator status by the festival. SHANE GIBSON/METRO

Winnipeg Folk Festival under fire

Folk in the road.

Changes to funding for Campground Art & Animation program angers festival-goers

Young Artists program

The festival also dropped its Young Artists program this year, which had given young visual artists materials, mentors, studio space and a venue to show off their creations.

Changes made by the Winnipeg Folk Festival leading up to this summer's festival may change the landscape of this year's Festival Campground.

Angry folk fans have taken to social media after the festival denied and reduced the number of free passes and other perks previously given to the creators of unique and often artistic campsites through its Campground Art & Animation Program.

"I was really upset, because I couldn't understand it — our proposal was professionally done and meets every one of their criteria," said Joe Lanceley, who has organized the teepee village inside the campground for the last 13 years, and was among three groups who were denied tickets.

The program gives masterminds behind several unique campsites perks similar to those afforded to festival volunteers, like free admission and food over the weekend.

Lanceley said his site — which has grown to include as many as 13 teepees and a full itinerary of events — was one of the first to get funding when the program started nine years ago.

The festival office was closed Monday, but a statement on their website said requests for cash and tickets had doubled this year, leading to the decision to scale back.

The statement points out the number of projects approved remains the same as last year at 18, but the number of free passes dropped from 123 to 100.

Lanceley worries about what the loss will do to the campground experience for the thousands who set up tents during the five-day festival.

"We inspire people," he said. "If you remove our part of the equation, it becomes a little bit more dangerous — we provided a lot of safety."

SHANE GIBSON/METRO

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Invasion! Spiny water fleas have 'totally infested' Lake Winnipeg

Fighting further growth. Manitoba works to keep new aquatic invader at bay

SHANE GIBSON
shane.gibson@metronews.ca

While the Manitoba government gets ready for another flood battle this spring, the province is also gearing up for a different fight set to start once the ice melts and the floodwaters subside.

As an aquatic invasive species specialist with the province, Candace Parks is on the front line of managing and eliminating non-native marine life that is at risk of making it, or has already made it, into Manitoba's fresh waters. And there's a new threat on her hit list — the spiny water flea.

"These are tiny, but they've brought all their friends, and they've got lots of friends," said Parks of the predacious crustaceans, which are five to 15 millimetres and were non-existent in the province before 2009 when they began sneaking in from Lake of the Woods. "As of last summer ... we've found them from the south basin to the north basin of Lake Winnipeg.

"They've totally infested the lake in one season."

Native to Asia and Europe, spiny water fleas jeopardize Manitoba's marine ecosystems because it has no natural predators here which leads to a depletion of food stocks, said Parks.

As well as disrupting the ecosystem, Parks said the microscopic pests ruin a good day of fishing by clogging the eyelets of fishing rods and tie up fishing nets.

Spiny water fleas spread easily by bait bucket transfers, un-drained bilge and livewells and in or on gear through contaminated water, according to Parks, who asks fishers and boaters to help the battle by cleaning, draining and drying all their gear and throwing out all bait and worms.

"It's amazing how fast these things can move," said Parks. "Which is why we're trying to prevent people from moving it to other water bodies."

Hotline

Anyone who sees spiny water fleas in waterways other than Lake Winnipeg are asked to take a picture if possible and call the province's Aquatic Invasive Species Hotline at 1-877-867-2470.

The province is waging a war on the spiny water flea, a tiny aquatic invasive species that has taken over Lake Winnipeg. METRO/J. GUNDERSON, MINNESOTA SEA GRANT

Winnipeg-based

New Flyer gets 120-bus order

The Phoenix transit system has ordered 120 buses from New Flyer Industries Inc., to be delivered next year.

The Winnipeg-based company says the buses will be made at its plant in St. Cloud, Minn., starting in the fourth quarter of 2013. THE CANADIAN PRESS

Gov't, board battle over CEO's pay

The board of a personal care home company says it will not resign over a dispute with the Manitoba government over the CEO's contract.

The province says Bethania Group Personal Care Homes broke the law when it allowed its top executive to retire and then rehired him at higher pay.

The board says in a statement it would rather sit down with the government to resolve questions about Ray Koop's employment.

The board continues to say it has a moral and legal obligation to honour the CEO's contract.

The board is also eliciting public and donor support if the government pursues what it calls a politicized or punitive approach.

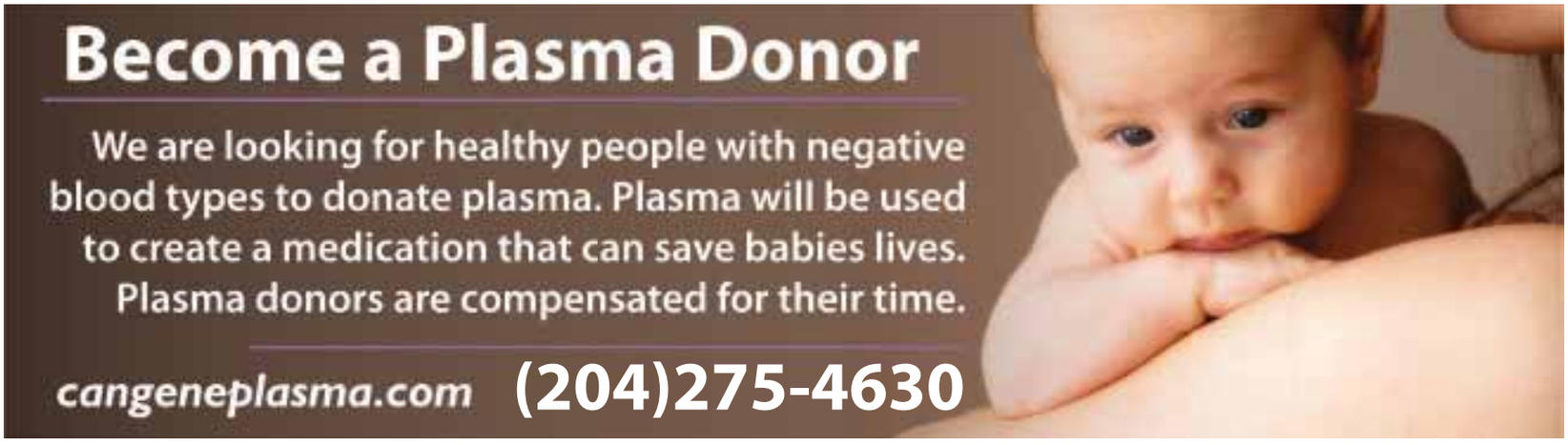
The issue was uncovered by an audit the government ordered last year after financial irregularities at another personal care home.

Health Minister Theresa Oswald said last month that Bethania broke a provincial law that governs publicly funded health bodies. She ordered the company to terminate Koop's contract.

The board of directors responded by saying the contract was approved before the law took effect. It also said the change saved taxpayers $16,000 a year in pension contributions and leave allowance.

Bethania Group runs two Mennonite-based care homes in Winnipeg.

CJOB/THE CANADIAN PRESS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U.S. soldier knifed by teen while playing with kids, officials say

Afghanistan.
American deaths spike dramatically following five-year low

Sgt. Michael C. Cable THE ASSOCIATED PRESS/U.S. ARMY

An Afghan teenager fatally stabbed an American soldier in the neck as he played with children in eastern Afghanistan, officials said Monday, as the U.S. death toll rose sharply last month with an uptick in fighting due to warmer weather.

Last week's calculated attack shows that international troops still face a myriad of dangers even though they are increasingly taking a back seat in operations with Afghan forces ahead of a full withdrawal by the end of 2014.

Just one U.S. service member was killed in February — a five-year monthly low — but the American death toll climbed to at least 14 last month.

Overall, the number of Americans and other foreign forces killed in Afghanistan has fallen as their role shifts more toward training and advising government troops instead of fighting.

But a series of so-called insider attacks on foreign troops has threatened to undermine the trust needed to help President Hamid Karzai's government take the lead in securing the country after more than 11 years at war.

The attack that killed Sgt. Michael Cable, 26, of Philpot, Ky., last Wednesday occurred after the soldiers had secured an area for a meeting of U.S. and Afghan officials in a province near the volatile border with Pakistan.

But one of two senior U.S. officials who confirmed that Cable had been stabbed by a young man said the assailant was not believed to have been in uniform so it was not being classified as an insider attack.

The officials, who spoke on condition of anonymity because the investigation is ongoing, said the attacker was thought to be about 16 years old. He escaped so his age couldn't be verified.

Cable's body was scheduled to return to Owensboro in western Kentucky on Thursday. Visitation was scheduled for Friday with the funeral set for Saturday.

The Afghan and American dignitaries were attending the swearing-in ceremony of Afghan Local Police in Shinwar district in Nangarhar province, senior district official Zalmai Khan said. Afghan Local Police, or ALP, recruits are drawn from villages and backed by the U.S. military.

The soldier was playing with children outside when the attacker came from behind and stabbed him in the neck with a large knife, Khan said. Other guards nearby didn't immediately notice what had happened because there was no gunshot, and the assailant was able to flee to neighbouring Pakistan, he added.

Taliban spokesman Zabiullah Mujahid identified the attacker as a 16-year-old local man named Khalid. He said Khalid was acting independently when he killed the soldier but had joined the Islamic militant movement since fleeing the scene. THE ASSOCIATED PRESS

The Netherlands. Four arrested on suspicion of burying deadly nerve gas

Dutch police spent three days digging up a field after receiving a tip that sarin may have been buried there, but found no trace of the deadly nerve agent, a prosecutor's office spokeswoman said Monday.

Two men and two women have been arrested in the case in the southern city of Maastricht on suspicion of owning and concealing a deadly gas, spokeswoman Cindy Reijnders said in a telephone interview.

She said police started monitoring a man's movements last week after a tip and arrested him Friday as he was about to start digging in a field just outside Maastricht, a city close to the Dutch border with Belgium.

Reijnders said police have no indication that any sarin was about to be used in a terror attack.

"There are no legal activities you can use sarin for," she said. "But at this moment we have no information or clues that it was going to be used for terrorism."

Reijnders said police believe the four suspects may have been trying to sell the nerve agent for their own financial gain, although it was unclear if they already had a buyer.

One suspect was arrested Friday as he was about to start digging in a field near Maastricht. Police dug up 400 square meters in the area to a depth of a meter without finding anything.

According to the Organization for the Prohibition of Chemical Weapons, sarin is a highly toxic and fast-acting organo-phosphorous compound that can be absorbed through the skin or by breathing it in.

Exposure to a high dose of sarin can cause convulsions and loss of consciousness. Death can be caused by suffocation because of muscular paralysis and the effects the sarin has on the respiratory centre of the nervous system.
THE ASSOCIATED PRESS

About sarin

Sarin, first created by German scientists just before the Second World War, is a powerful nerve agent that was used in an attack by Japanese doomsday cult Aum Shinrikyo on the Tokyo subway system in 1995 that killed 13 people and sickened around 6,000.

South Africa

White slavery accuser found stoned to death

South African police say Happy Sindane has been found stoned to death. Sindane made headlines around the world when he claimed he had been kidnapped and enslaved by blacks.

The motive for his killing was not known. Police spokesman Capt. Leonard Hlathi said Monday no arrests have been made.

A four-month inquiry in 2003 established that Sindane was the son of a black domestic worker and the white man for whom she worked when Sindane was born. Sindane had told reporters that he was a white slave, abused, threatened and forced to live outdoors tending animals.
THE ASSOCIATED PRESS

India. Rapes and murders are scaring off foreign tourism: Study

Foreign tourists offer flowers in remembrance of an Indian woman murdered on a New Delhi bus. MANISH BHANDARI/THE ASSOCIATED PRESS FILE

The rape and murder of a woman in New Delhi in December, followed by two attacks on foreign female travellers, has altered how tourists view India and led to a sharp fall in the number of foreign tourists, a new study says.

In the three months since that attack, the number of foreign tourists has dropped by 25 per cent, according to the Associated Chambers of Commerce and Industry in New Delhi. The number of female tourists has dropped by 35 per cent.

Decrease

25%

The drop in foreigners travelling to India in the three months since the rape and murder of a woman on a New Delhi bus.

According to the study, nearly 72 per cent of tour operators said cancellations of holiday bookings came mostly from female tourists from western nations.

THE ASSOCIATED PRESS

Tourists beaten, one sexually assaulted aboard van in Rio

Rio de Janeiro, Brazil. Two arrests made after foreigners were held in public van for six hours

Two foreign tourists were held for hours, brutalized, and one of them sexually assaulted aboard a public transport van in Rio de Janeiro's Copacabana beach neighbourhood, police said in a statement.

Two men aged 20 and 22 have been taken into custody and a third is being sought in connection with the incident, which saw the tourists held for around six hours starting shortly after midnight on Saturday, police said.

According to the statement, the suspects forced other passengers to get out of the van and then sexually assaulted the female. During the alleged assault, the tourists were driven to the poor suburban neighbourhood of Sao Goncalo, where the two suspects were apprehended.

The victims' nationalities have not been released, but local media reports have said the woman is American. Reports said the two had been studying Portuguese in Rio for about a month and that both left the country following the incident.

The statement said one of the victims' cellphones was found in the suspects' possession. The suspects had also used a debit card belonging to one of the victims at two gas stations, the statement said.

The Globo television network broadcast surveillance-camera images of two men filling up the van and showed police images of a metal bar the suspects are thought to have used to beat and intimidate the victims.

The victims identified the two suspects, and a Brazilian woman has said she'd also been assaulted by the pair on March 23, the statement said.

In a Globo interview, commanding officer Alexandre Braga, head of the Rio police unit specializing in crimes against tourists, said the suspects had gone on a sex-crime spree.

"The principal motive appears to have been the satisfaction of their lust," Braga said, adding that the robbery and other crimes appear to have been "secondary."

THE ASSOCIATED PRESS

Posited motive

"The characteristics ... lead us to believe that they wanted to have a 'party of evil.'"

Commanding officer Alexandre Braga, who heads the Rio police unit specializing in crimes against tourists.

Travel destination?

The incident raises new questions about security in Rio, which has cracked down on once-endemic drug violence in preparation for hosting future events.

- **Rio's schedule.** The city will play host to World Youth Day, a Roman Catholic pilgrimage expected to draw some 2 million people in late July; next year's soccer World Cup; and the 2016 summer Olympic games.
- **Statistics.** In Brazil, more than 5,300 cases of sexual assault were reported between January and June 2012, according to the country's Health Ministry.

France considers widening its ban on religious garb

A vendor sets up his stall on the first day of the 30th annual Meeting of Muslims in France, Europe's largest Muslim convention, on Friday in Le Bourget. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

French President Francois Hollande wants a new law that could extend restrictions on the wearing of prominent religious symbols in state jobs into the private sector. His new tack comes after a top French court ruled in March that a day-care operator that gets some state funding unfairly fired a woman in a headscarf, sparking a political backlash.

Many Muslims and even some Roman Catholics and Jews fear France's insistence on secular values — first enshrined in the French Revolution more than two centuries ago — is unfairly crimping their ability to express their beliefs. They also worry that Hollande's government wants to score political points.

"Islam has become a political instrument," said Samia Kaddour, 26, a community activist. She has all but given up hope for a state job but is not yet discouraged enough to leave.

"I'm not a foreigner. I'm French," she said. "I love this country ... even if it has trouble liking us." THE ASSOCIATED PRESS

French law

France bars state employees from wearing prominent religious symbols such as Muslim headscarves, Jewish skullcaps or large Christian crosses in public schools, welfare offices or other government facilities.

- Two years ago, France banned Muslim veils that cover the face from being worn in public.

Boy Scouts. Application for troop sponsored by gay-rights group denied

The Boy Scouts of America has rejected an application for a scouting troop sponsored by a Utah gay-rights organization.

The Utah Pride Center asked permission to start a troop for 10 middle-school-aged children with straight troop leaders, said executive director Valerie Larabee. Many of the boys' parents had left Scouts or opted not to join because of their opposition to their long-standing policy excluding gay men and women.

After spending four months preparing a proposal to adhere to Scouts' standards, Utah Pride Center officials said their entire application was returned intact four days later — including the business cards they included

They were told that the mission of their organization didn't properly align with the goals of Boy Scouts, said Utah Pride Center's director of community engagement.

THE ASSOCIATED PRESS

New York

Archbishop says Church should be more open to gays

The Archbishop of New York says the Roman Catholic Church has to make sure that its defence of marriage is not reduced to an attack on gays.

Cardinal Timothy Dolan says the church could work on being more welcoming to gays and lesbians. He says the church tries its "darnedest to make sure we're not an anti-anybody."

Dolan made the remarks Sunday on the ABC News program This Week. Dolan says he would tell gay men and lesbians that God loves them and they're entitled to friendship. But he says marriage is a union between a man and a woman "where children can come about naturally."

THE ASSOCIATED PRESS

Prosecutors want death penalty for Holmes

Colorado theatre shooting. The defence is expected to argue suspect is not guilty because he was legally insane at the time

Prosecutors on Monday said they will seek the death penalty against the man accused in last year's movie theatre attack that killed 12, injured 70 and spurred new gun-control laws in Colorado.

The much-anticipated disclosure came in a court hearing held four days after prosecutors publicly rejected an offer by James Holmes' attorneys that the former neuroscience graduate student would plead guilty to avoid execution. Prosecutors had said the proposal wasn't a valid plea-bargain offer.

The decision to seek execution will delay the start of the trial until at least February, and the judge acknowledged even that might not be enough time for all sides to prepare. The trial had been planned to begin in August.

"It's my determination and my intention that in this case for James Eagan Holmes justice is death," Arapahoe County District Attorney George Brauchler said at the Monday hearing. He spoke quietly and deliberately without any hesitation.

There was no audible reaction from Holmes, whose parents sat side by side, clutching hands with fingers entwined.

They were quiet, as were the victims in the courtroom when Brauchler disclosed his decision.

Bryan Beard, whose best friend was killed in the attack, sat in an overflow courtroom. "I had a huge adrenaline rush," he said. "I love the choice, I love it, I love it.... I hope I'm in the room when he dies."

THE ASSOCIATED PRESS

This March 12 photo shows James Holmes, Aurora theatre-shooting suspect, in the courtroom during his arraignment in Centennial, Colo.

RJ SANGOSTI/DENVER POST/THE ASSOCIATED PRESS

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Watchdog to examine 'muzzling' of scientists

Taxpayer-funded research. Better access to information needed, advocacy group says

Federal policies that restrict what government scientists can say publicly about their work are about to be put under the microscope.

Federal Information Commissioner Suzanne Legault has agreed to investigate how government communications rules on taxpayer-funded science impact public access to information.

Legault is responding to a detailed complaint lodged by the Environmental Law Centre at the University of Victoria and the ethics advocacy group Democracy Watch.

Their lengthy report — Muzzling Civil Servants: A Threat to Democracy? — laid out repeated examples of taxpayer-funded science being suppressed or limited to pre-packaged media lines across six different government departments and agencies.

In a letter to the complainants, the commissioner's office noted she is required under the Access to Information Act to investigate any matter related to obtaining or requesting records.

The complaint alleges that by keeping government scientists from speaking out about their work, the public is denied the chance to request records

Suzanne Legault THE CANADIAN PRESS

— because no one is ever made aware they exist in the first place.

The complaint "alleges that the right of access to information under the act is impeded by government policies, practices or guidelines that restrict or prohibit government scientists from speaking with the media and the Canadian public," Legault's office responded, saying it "falls with the scope" of the legislative mandate.

In addition to four government departments and two agencies cited in the complaint, Legault said she will also examine the Treasury Board Secretariat "because of its role in relation to the development and implementation of government policies."

Chris Tollefson, the executive director of University of Victoria's law centre, said their research into suppressed science revealed both the wide scope of the practice and that it "represents a significant departure" in government practice over the last five to seven years.

"It really is a core issue in terms of the health of our democracy," Tollefson said in an interview. "We need to know what the best science is as we make difficult decisions about policy."

Prime Minister Stephen Harper's government has been accused of silencing scientists on number of subjects, particularly environmental science, since the Conservatives came to power in 2006. THE CANADIAN PRESS

Discontent

"We have indications that there is very, very broad discontent amongst scientists about being muzzled and having their research suppressed."

Calvin Sandborn, legal director of Victoria's Environmental Law Centre

MacKay welcomes baby boy

Defence Minister Peter MacKay and his wife Nazanin Afshin-Jam hold their new baby boy Kian Alexander MacKay on Monday. The boy, weighing eight pounds two ounces, is the couple's first child.
THE CANADIAN PRESS/HANDOUT

River rescue. Edmonton man recounts pulling two girls out of water

After rescuing two young girls from the icy North Saskatchewan River on Sunday, a "starving" Adam Shaw and his dog Rocky each enjoyed a hamburger.

The meal was well deserved after a simple afternoon walk turned into a dramatic river rescue for the 27-year-old and his dog.

Shaw, his wife and two children were walking in Edmonton's Rundle Park on Sunday afternoon when the family heard screams coming from a footbridge below.

They looked down to see a girl floating in the river and another child trying to help her out.

Shaw yelled at the girls to stay put as his wife called 911 and he ran to the river.

By the time Shaw and Rocky reached the children, the second girl was also in the water and Shaw was able to pull her out.

Rocky and Shaw then set to work pursuing the girl who had "floated quite a ways down the river" and was in obvious distress.

Both dog and man fell in the water while in pursuit and eventually Rocky swam

Adam Shaw and Rocky
RYAN TUMILTY/METRO IN EDMONTON

to the girl, who managed to grab hold of his leash.

He swam her back to the shoreline where Shaw pulled both the girl and his dog onto the ice.

The group was soon met by Edmonton Fire Rescue.

"I just really didn't want to fail…. I really wanted to save them," Shaw said on Monday.

A day after the dramatic river rescue, the pair were hailed as heroes and presented an honorary helmet and a big bone by Edmonton Fire Rescue. ANNALISE KLINGBEIL/METRO IN EDMONTON

Quebec resident

Missing traveller's friends have hope

Friends of a Quebec man who vanished while driving home through Mexico's dangerous north say they're confident they'll find him and bring him home.

Marc Menard has not been heard from in more than two weeks.

The 44-year-old husband and father was returning to Canada after a three-month stay in Mexico. THE CANADIAN PRESS

Surgery rumours

Lung live Pope Francis

Does the pope have only one lung?

Despite erroneous reports that Pope Francis has lived most of his life with just one lung, the surgery actually only removed the upper part of his right lung, and his friends and family say he remains in good health for a 76-year-old man.

The Buenos Aires archdiocese and the Vatican have declined to provide medical reports on the matter. THE CANADIAN PRESS

IT'S OK TO LOSE THE BOOZE

SHE SAYS

Jessica Napier
metronews.ca

"Whyyyyy aren't you drinking?" the birthday girl slurred as she glared at me from behind her heavy mascara-coated lashes. "I'm on antibiotics," I lied, because simply not being in the mood wasn't going to cut it as an excuse. For this birthday-girl booze-hound, it wasn't enough to show up to the party, I was expected to toast the occasion with a second, third and fourth drink to show my solidarity.

While peer-pressure-related alcohol consumption might seem like an issue relegated to the teenage house party and university campus, the social expectations surrounding drinking are still very much present in our post-collegiate years and beyond. There seems to be a slew of social events that require us to indulge in a few drinks in the name of friendship. From weddings and birthday parties to bachelorette weekends, it's difficult to avoid the social lubricant of choice without drawing attention to yourself.

But if you keep track of those casual drinks throughout the week — a glass of wine with dinner, cocktails with friends after work, a couple of mimosas with brunch — they start to add up. The recommendation for women is no more than seven alcoholic beverages a week —for guys it's double that — but how many of us are going over that, more often than not?

Anytime I've tried to commit to a defined period of sobriety, I've failed. Not because I have a "problem," but because I tend to give in to friends who insist I join them in a glass of something or other to celebrate, commiserate or simply unwind after a long week. It's not that it's so hard to say no. It's just a lot easier to say yes. Drinking is such a ritualized part of social behaviour that abstaining usually results in being subjected to an inquisition.

But it's not just friends who lay on the pressure when it comes to alcohol. Joining your colleagues in knocking back a few drinks is a common expectation in many professional settings. In some instances, the choice to remain sober can leave you at a professional disadvantage. Mention that you'd prefer to avoid the bar during a work function or networking event and it immediately sends up a red flag that you're not being a team player.

Raising a glass might help to elevate your social capital among friends and colleagues, but there are countless benefits to saying no. You'll save money, improve your health and realize that Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

Drinkers love company, of course, but it's important to remember that all the skinny-girl margaritas in the world aren't going to make you a better friend.

Follow Jessica Napier on Twitter @MetroSheSays

Morning-after reckoning

Sunday mornings are full of potential when you don't have to worry about hangovers and the "Who did I drunk-text last night?" demons.

ZOOM

Motown piano signed, sealed, delivered

MAX ORTIZ/THE DETROIT NEWS/THE ASSOCIATED PRESS

Welcome back to 'Hitsville, U.S.A.'

Piano technician Billy Brasile installs a keyboard cover on an 1877 Steinway grand piano used by Motown greats during the label's 1960s heyday. The prized Steinway, restored thanks to Paul McCartney, was moved back into Studio A on Monday at what is now the Motown Historical Museum in Detroit, or "Hitsville, U.S.A."

McCartney, a longtime fan of the Motown sound who recorded several of the label's songs with the Beatles, told museum officials in 2011 that he wanted to help with the piano's refurbishment after learning the historic instrument — used by Stevie Wonder, Marvin Gaye and other Motown legends — no longer could be played.

The piano was moved to New York for repairs, and the work was completed last August. In September, McCartney and Motown founder Berry Gordy, pictured right, played it together at a charitable event at Steinway Hall in New York City.

THE ASSOCIATED PRESS

MOTOWN MUSEUM/THE ASSOCIATED PRESS FILE

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Twitter may impose a limit of 140 characters, but even that tiny bit of text can be tedious if you're simply in the mood for photos of famous people. Follow these accounts to simplify your gawking:

@CelebsTogether:
A steady supply of famous faces hanging out together that wisely steers clear of paparazzi and promo shots in favour of black-and-white surprises such as Charlie Chaplin with Gandhi or Colonel Sanders meeting Alice Cooper.

@si_vault:
Sports Illustrated's endless collection of famous images, delightfully interlaced with rarer fare such as a young Wayne Gretzky signing autographs while wearing a truly ghastly fur coat.

@Twisitor:
A camera in the lobby of Twitter's San Francisco office captures the well-coiffed tech stars who regularly visit, giving you a chance to put a face to the guy using the handle you wish were yours.

Comments

metronews.ca

RE: Justin Bieber's Monkey Quarantined in Germany, published April 1

Wow...I just figured it out, JB is Michael Jackson! Pop star, great dance moves and nuts.
Google posted to metronews.ca

RE: Friend or Food? Vancouver Humane Society Bus Ads Compare Pups to Piglets, published April 1

As soon as I saw this bus ad, all I wanted to do was put a giant decal on it that said "Because Bacon."
Kevin Dykstra posted to

RE: Four-year-old Crashes Car into McDonald's at Jane and Finch, published April 1

If people got tickets for being stupid there would be a shortage of paper.
Xavier Leveque posted to metronews.ca

RE: Georgia Woman's Camera Washes Ashore in Taiwan, published March 27

Awesome!! I lost my camera in the Bahamas. I hope someone finds it!!
Skippy76 posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

metro

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Bears on board! Leather yoga pants! Firms yuk it up for April Fools' Day

Gotcha. Brands try to flex their funny bones with goofy mock ads

WestJet's April Fools' Day video promoted its "furry family" program, which purports to allow travelling pets of all kinds to roam free in the cabin. YOUTUBE SCREEN GRAB

Canadian companies sought to generate some good-natured brand buzz Monday by releasing their 2013 April Fools' Day ads.

This year's participants included WestJet, the Toronto Transit Commission, Lululemon and Boston Pizza.

York University professor Russell Belk says well-executed humour can go viral and attract lots of mainstream media attention, but warns those that miss the mark risk offending.

He says newspapers have run April Fools' stories for decades, but social media can accelerate how widespread the best ads are seen.

Belk points to Calgary-based WestJet, whose tongue-in-cheek ads last year promoted kid-free planes. This year the airline says it's allowing any kind of animal, including bears, to roam free on board.

Meanwhile, the TTC released a video spoofing annoying things passengers do on the subway. It promoted a personal subway car that allows riders to apply makeup, do personal grooming and use seats for bags and to stretch their legs.

Lululemon said it was introducing lululeather after partnering with local cow farmers who feed their animals organic grass and chia seeds. In addition to Cowabunga yoga pants, it would also offer Moomats for exercise at $208 apiece.

Boston Pizza said it was banning all buns and replacing them with new uses for pizza dough. Several ads on You Tube said it was adding to its menu pizza salad, pizza beer, and pizza cake.

THE CANADIAN PRESS

A video still of Lululemon's gag ad about a new line of leather yoga pants and mats. YOUTUBE SCREEN GRAB

More April 1 fun

- Scores of businesses in Britain and the U.S. have also issued April 1 news releases or videos.
- Google videos promoted new services such as Google Nose, which lets users scan the web for smells, and a new feature on Google Maps that allows people to search for pirate treasure.

New Delhi

India's top court issues landmark drug ruling

India's Supreme Court on Monday rejected drug maker Novartis AG's attempt to patent an updated version of a cancer drug in a landmark decision that health activists say ensures poor patients around the world will get continued access to cheap versions of lifesaving medicines.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.36¢ (-0.07¢)

TSX 12,695.14 (-54.76)

OIL $97.07 US (-16¢)

GOLD $1,600.90 US (+$5.20)

Natural gas: $4.04 US (+2¢)
Dow Jones: 14,572.85 (-5.69)

Smokers can use nicotine replacement longer: FDA

The U.S. Food and Drug Administration says smokers who are trying to quit can safely use over-the counter nicotine gum, patches and lozenges for longer than previously recommended in a move to help millions of Americans kick the habit.

Current labels suggest consumers stop smoking or using other products containing nicotine when they begin using the products to help them quit and that they should stop using nicotine replacement products after 12 weeks at most.

The federal agency said Monday that the makers of gum and other nicotine replacement products can change the labels that say not to smoke when using the products. The FDA also said the companies can let consumers know that they can use the products for longer periods as part of a plan to quit smoking, as long as they are talking to their doctor.

Nicotine replacement products, designed to help people stop smoking by supplying controlled amounts of nicotine to ease the withdrawal symptoms, were first approved about 30 years ago and have gone from prescription to over-the-counter within the last 17 years.

THE ASSOCIATED PRESS

By the numbers

45M

More than 45 million Americans smoke cigarettes and about half try to quit every year, according to the Centers for Disease Control and Prevention.

Online travel data

American Airlines, Orbitz settle suits

American Airlines says it has settled lawsuits with Orbitz over the online travel agency's display of flights and fares. The airline has been fighting with Orbitz and other firms that distribute information to travel agents, saying it can better tailor offers if it provides information directly to the agents. THE ASSOCIATED PRESS

Acquisition

American Greetings to be taken private

American Greetings has agreed to be taken private by a group led by some of its top executives in a deal that values the company at about $580 million US. In addition to its namesake brand, American Greetings Corp. also owns Carlton Cards, Recycled Paper Greetings and Papyrus. THE ASSOCIATED PRESS

Bailout deal

Cyprus gets extra year to hit surplus

Cyprus' government spokesman says the country has been granted an extra year — until 2017 — to achieve a targeted budget surplus of four per cent as part of negotiations with international lenders for a rescue package. Government negotiators still hope to extend that by a further year. THE ASSOCIATED PRESS

TAKE CARE OF THAT SMILE FOR O

From feeling unconfident to wanting to look our best on your wedding day, first date or class reunion, many of has have experienced those moments when we're just not pleased with our teeth. But thanks to an ever-growing choice of teeth whitening products, you can be prouder of your smile and more confident about your appearance.

Over time, our teeth can become discoloured due to the natural aging process and the things we consume, including coffee, tea, red wine, blueberries, etc. Medications can also be to blame, for example, people who took tetracycline as part of their acne treatment. Whatever the cause, it's time to banish the less-than-white smile.

Your smile is usually the first thing people notice about you. Shiny, white teeth are indicative of someone who takes pride in his or her appearance. Not surprisingly, a white smile can speak volumes a job interview, where interviewers can been wowed by a lot more than a great resume.

Did you know that a whiter smile can make you feel and look more attractive to the opposite sex? According to a study by the American Academy of Cosmetic Dentistry, 96 per cent of respondents feel that having bright white teeth makes you more attractive to the opposite sex.

Even though you might not be destined

THE BENEFITS OF POWER VS. MANUAL BRUSHING

Although manual toothbrushes have become significantly more advanced over the years, many people have opted to trade in their classic brushes for powered ones. Why go for the power? In addition to the obvious answer that the brush does most of the work for you, here are a few other advantages:

- Gives you a better overall cleaning – The heads of electric toothbrushes are designed to rotate and whirl in ways that remove plaque from your teeth better and more quickly than manual ones. Power brushes also penetrate under the gum line which is helpful in reducing gingivitis.
- Is easier to handle and to hold – Larger, ergonomically designed handles make brushes easier to grip — a valuable feature for people who have arthritis, dexterity issues or carpal tunnel syndrome.
- Makes you brush for the right amount of time – Built-in timers let you know when you've brushed for two minutes (the time recommended by the Canadian Dental Association).
- Prevents over-brushing – Pressure sensors indicate if you're brushing too hard. Over-brushing can lead to tooth sensitivity and receding gums
- Provides a greener alternative – With electric brushes, you only need o replace the head once every three months instead of the entire brush.
- Offers other convenient features: Some electric brushes make the tooth brushing time even easier for you by automatically dispensing toothpaste for you. The one complaint you might hear about the power toothbrush is that it's more expensive than a manual toothbrush.

True, but isn't your long term oral health and well-being worth it?

"DID YOU KNOW THAT A WHITER SMILE CAN MAKE YOU FEEL AND LOOK MORE ATTRACTIVE?"

A WHITER SMILE FOR SPECIAL OCCASIONS

Whether you're about to walk down the aisle, getting ready for your high school prom, preparing for your first real job interview, or some other major event, there's one look that suits every occasion — whiter smile.

VERALL HEALTH

for Hollywood, a set of whiter teeth can make you feel like a star. True, your next starring role might be in a graduation picture or next your holiday party, but even so, a brighter smile can make all he difference in the world.

If you are thinking about whiter shade of white, there are a few options available, ranging in price from less han $20 up to about $2, 000.

Going to a professional

A dental professional cleans and removes of any plaque along your gum line. Once this is done, a peroxide-based gel is applied to your teeth followed by a special light that activates the gel. The process usually takes about an hour, and can whiten teeth several shades. The cost can range from $300 to $2,000 depending on the system, the technology, and the effort requied to achieve desired results.

Tailored whitening kits

Using impressions of your teeth the dental professional creates a tailored whitening tray and provides a peroxide-based teeth whitening gel to be used with the tray. Some can be worn at night, others during the day. Trays should be worn daily for optimal results. Customized trays can cost anywhere from $100 to $800.

Over-the-counter options

If you're watching your budget or don't have the time to visit your dentist you might want to try over-the-counter products like strips for whitening. You'll find these products at pharmacies, and drug and grocery stores where they range in price from $15 to $60. Although they do not offer the same whitening power as professional at-home bleaching kits, these products do produce noticeable results.

An important thing to remember is that the level of whiteness will vary among individuals. What works for a friend might not work for you. Talk to your dental professional to see if you're a good candidate for teeth whitening.

REASONS WHY IT'S IMPORTANT TO FLOSS

Consider dental floss one half of a powerful plaque-fighting duo that also includes the trusted toothbrush. If you think flossing doesn't need to be part of your daily oral health routine, here are six reasons to help change your mind.

Thwart tooth decay: Only dental floss can remove plaque from between your teeth where cavities can easily form.

Avoid gum disease: Flossing helps to prevent periodontal disease, which is one of the main causes of tooth loss.

Prevent tartar build-up: Flossing can slow down the accumulation of tartar.

Defend against bad breath: If plaque is left between your teeth, it will produce a bad smell in your mouth.

Reduce heart attack risk: Dangerous bacteria contained in plaque can enter the blood stream and cause heart disease.

Ready to get flossing? Talk to your dentist about what types of products will be most effective for you.

DVD reviews

The End of Time

Director. Peter Mettler

Stars. Richie Hawtin, Peter Mettler

Does it really matter what time it is? The End of Time artfully explores the human construct of hours, minutes and days, arguing that nature doesn't need watches, clocks and calendars. The poetic lens of Toronto cinematographer/director Peter Mettler has previously inquired into such elusive subjects as personal fulfillment (Gambling, Gods and LSD) and the Northern Lights (Picture of Light). Now Mettler is after his most elusive prey yet: the very human concept of how we track our very existence. Following a global path that leads him from proto-astronaut Joseph Kittinger to proton-smashing physicists at CERN's Large Hadron Collider in Geneva, Switzerland, and from a Hawaiian lava watcher to Henry Ford's defunct Detroit assembly line, Mettler makes a profound statement on what makes all of us tick.

Killing Them Softly

Director. Andrew Dominik

Stars. Brad Pitt, Ray Liotta, Richard Jenkins

The drained gangsters of Andrew Dominik's Killing Them Softly drink to excess and whore around, but achieve little satisfaction. Business has been bad lately. It's the fall of 2008 in post-Katrina New Orleans, and despite constant chatter about "the American promise" from presidential candidate Barack Obama, few people dream big. Mob hit man Jackie Cogan (Brad Pitt) is disgusted by what he sees. There are elements of Scorsese's grime and Tarantino's wit in Killing Them Softly, but writer/director Dominik has his own methods. He's brilliant at using atmosphere and attitude. PETER HOWELL

Dwayne Johnson, at your franchise service

Role play. The man formerly known as The Rock talks about being Franchise Viagra and where he'd fit in some of Hollywood's most epic series

NED EHRBAR
Metro World News in Hollywood

The last time we spoke to Dwayne Johnson, he said he'd earned the nickname "Franchise Viagra" because of his knack for injecting energy into lagging movie properties like the Fast and Furious and Journey to the Center of the Earth series.

He's at it again with G.I. Joe: Retaliation, grabbing the alpha position from Channing Tatum to lead America's coolest covert military force. So we thought we'd see how Johnson could be deployed for other famous franchises — some struggling, some not. To our delight, he gave the assignment a lot of thought.

"You've got to give it thought because all these franchises are so beloved, and all of them have their own built-in mythology and affinity that's global, which makes it very special," Johnson says.

"And it reminds me of when we were kids, how cool and fun big Hollywood movies can be."

With that in mind, here are his ideas:

Star Wars

"What is the cross between a Sith and a Jedi? I don't know. Is there something in between that has a bit more neutrality, who vacillates between both sides? Kind of like a grey area, possibly. Being such a big fan of Star Wars and the mythology of Star Wars, my inner boy, my inner geek — which is a big geek, by the way — embodies both sides. So back when I was eight years old I was both. And I don't know what that's called. What would that be?"

Star Trek

"My gut tells me we would have to create a character that puts not only the Enterprise but the entire (Federation) at risk in terms of destruction by one man. That's where I feel like we should go with that. And I love Star Trek, by the way, but it feels like that. That's heavy, right?"

Dwayne Johnson, left, is busy kicking ass in G.I. Joe Retaliation, which opened last Friday. HANDOUT

Indiana Jones

"That's tough. I love George Lucas, obviously. I love Harrison (Ford). OK, I hunt him down. I hunt Indiana Jones down. When I hunt him down, there's a plot twist in there somehow where I then become the hero (laughs). And I share the hero mantle of Indiana Jones with Harrison Ford. Yes. Because of my eight-year-old inner-geek."

Twilight

"All hypothetical, right? All hypothetical. Because this is not now saying that The Rock wants to be in Twilight (laughs). In steps the most manliest, toughest son-of-a-bitch of a vampire the world has ever seen. He grabs Kristen Stewart, pushes aside Pattinson and quietly yet firmly says, 'We are now doing away with our boyhood ways.' Hypothetically."

Forget CGI, all Dwayne Johnson needs is some green paint to become The Hulk. NED EHRBAR/MWN

American Pie

"Wow. Wow, I would say... I have no idea where I would fit in that. No clue, no clue."

Avengers

"I got it. I think I got it. I'm going to show you something right now (pulls out his phone). It is a great question to end on, because I have been thinking about this for some time. Sometimes there are moments in life where there are no words. This is one of those moments. And this is who I should be in the next Avengers (shows photo of himself dressed up as the Hulk for Halloween) No more CGI, just me."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Buckwild star Shain Gandee found dead

THE WORD
Dorothy Robinson
scene@metronews.ca

Shain Gandee has died at age 21. AMY SUSSMAN / INVISION/ THE ASSOCIATED PRESS

Shain Gandee, the former trash collector who found fame as the star of new MTV reality hit Buckwild, was found dead yesterday along with his uncle and an unidentified person in a vehicle in West Virginia Monday morning.

According to police officials, the vehicle was discovered at 11:30 a.m. Monday by a person on a four-wheeler, hours after Gandee and his group was reported missing. MTV released a statement about the situation.

"Our thoughts and prayers are with them," the network said about the Gandee family, adding that Shain "touched everyone he met and we will miss him dearly."

Substance addiction lands Glee's leading man in rehab

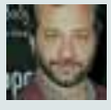
Glee star Cory Monteith has checked himself into rehab, according to Us Weekly. "Cory Monteith has voluntarily admitted himself into a treatment facility for substance addiction," his rep says in a statement. "He graciously asks for your respect and privacy as he takes the necessary steps towards recovery." While it isn't clear what substances exactly Monteith is looking for help avoiding, he has opened up about his drug use in the past, telling Parade magazine in 2011 that he used to do "anything and everything, as much as possible. I had a serious problem." The latest rehab stint has caught friends and family off-guard. "This is a total surprise," a source tells the magazine. "He has always been very honest about how he struggled."

Bieber's being a bad boy, and it ain't good for business

The clock is ticking on Justin Bieber's career, according to top music manager Peter Mensch, who reps acts like Metallica and the Red Hot Chili Peppers. Mensch doesn't see much of a future for the Canadian pop star after a month of hospitalizations, cancelled concerts and dust-ups with the paparazzi. "His manager, Scooter Braun, is scared s—less. I don't know what Bieber's problem is. His career is over in three years anyway," Mensch tells the Sun. "I'd take Bieber to the woodshed and spank him."

Twitter

@JonahHill
You guys ever have such an intense sex dream about Mr. Belvedere that you wake up screaming? Me neither! That would be so weird, right?!



@JuddApatow
I am worried about Beiber. He has a monkey now. I am not joking. This is headed to a bad place. He follows the path of generic disaster.

@pattonoswalt
Peter Dinklage is the Dowager Countess of Westeros. #GameofThrones

@kevin_nealon
Should i consult a doctor if my energy drink lasts longer than five hours?

We're just big bags of icky stuff, and other science facts

New book. Author of Gulp: Adventures on the Alimentary Canal takes on the gloppy, sticky part of digestion

SHAUN BRADY
Metro World News

"It was the last taboo that I haven't covered," Roach says of her latest endeavour. CHRIS HARDY

Mary Roach built her career on exploring aspects of the human body that go overlooked by most writers.

In most cases, an interview subject suffering from a bad cough wouldn't be an ideal situation.

But it's oddly appropriate when the subject is Mary Roach, who can excuse herself with, "Speaking of mucoid substances, I'm launching some of them into your ear right now."

Roach has built her career on her delight in probing aspects of the science of the human body that most people would rather just ignore. In Stiff: The Curious Lives of Human Cadavers, she followed the body through its many strange post-mortem pathways; in Packing For Mars, she uncovered the less glorified side of the space program through zero-gravity toilets and long-term bed rest.

In her latest, Gulp: Adventures on the Alimentary Canal, Roach trains her sardonic, steel-stomached curiosity on the science of eating and digestion, finding laboratories where pet food is taste-tested, windows are opened onto a human stomach (literally), and those aforementioned mucoid substances are gathered and examined.

"It was the last taboo that I haven't covered," Roach says of her latest endeavor.

"Once you take food off the table and put it into your body, it becomes an object of revulsion. People get very flipped-out and disgusted, so it's yet another topic that I thought it would be fun to pull apart and explore."

As with Bonk, her book about the science of sex, Roach is particularly fascinated by the way in which subjects that give us such pleasure have so many aspects we find utterly repulsive.

Chow down

"Once you take food off the table and put it into your body, it becomes an object of revulsion."

Author Mary Roach
Talking about what you can find in her new book Gulp: Adventures on the Alimentary Canal

"We have a little bit of disgust for all of our biological processes," she says. "I don't think that eating is unique in that way — if you strip away love and lust and all the higher trappings of sex and you just take it down to what the bodies are doing and the substances involved, it becomes icky. Any time you peel away the skin and reveal the fact that we're just big bags of digesting, secreting, pumping, gloppy, sticky, icky stuff, it's upsetting."

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The pressure is on to make tasty spring-friendly risotto

Pressure cookers can be intimidating. They seem fussy — and scary! But you may be sold after you make risotto, a dish that by definition is tedious to make.

It simplifies the process and — most impressively — speeds it up. What normally takes 45 minutes in a traditional sauté pan is done and ready to serve in about 20.

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 large shallot, chopped
- 1 cup Arborio rice
- 1/2 cup white wine
- 2 cups no-salt chicken broth
- Pinch of salt, plus more to taste
- Pinch of red pepper flakes
- 1 tbsp butter
- 1 cup small asparagus tips and tops, cut into 1-inch pieces
- 1 cup shredded Parmesan cheese
- 1/8 cup chopped fresh chives

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In pressure cooker over medium, heat oil until shimmering. Add shallot and sauté for 3 minutes, or until translucent. Increase heat to high and add rice, stirring to coat. Toast the rice, stirring constantly, for 2 minutes. Add wine and cook until evaporated.

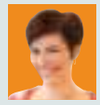
2. Add broth and pinch each of salt and red pepper flakes. Stir until mix comes to a simmer, then lock on pressure cooker's lid. Set timer, 9 minutes. Bring cooker up to full pressure, then reduce heat to maintain that level. Cook until timer goes off.

3. Take cooker off heat and wait 3 minutes, then put pot in sink and run cold water over it to release pressure. Open cooker; the rice should be creamy. Return pot to stovetop over medium heat. Add butter, asparagus, cheese and chives. Stir until heated through and butter and cheese have melted. Season with salt and pepper.

THE ASSOCIATED PRESS / ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Health Solutions

Peas save Easter leftovers



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Easter is over and you are left with a few scraps of ham and a ham bone. Well, now, that sounds like pea soup.

Dried peas or legumes are delicious, nutritional powerhouses containing high amounts of fibre, protein and minerals including the liver cleansing one, molybdenum.

Given that you probably cleaned your house with (liver damaging) smelly chemicals for the holidays and then indulged in a whack of sugar (also liver damaging), a little molybdenum can go a long way. #StuffNutritionistsSay.

Dried split yellow peas have been consumed for millennia and they are the traditional variety chosen for French Canadian Pea Soup.

The process couldn't be simpler. Place ham bone and scraps into a slow cooker with 2 cups of dried yellow split peas and 10 cups of water or broth. Add one chopped onion, one chopped carrot, 2 bay leaves and a teaspoon of thyme. Go to work. In 8 hours or so you will have a thick, healthy, delicious soup. Freeze leftovers in single serving sizes and enjoy on each and every rainy day yet to come.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dead or alive, for some celebrities fame just sticks

Reality TV stars may come and go, but a new study suggests true fame is enduring.

The research finds that people who achieve real celebrity remain famous for years, making frequent appearances in newspapers over periods of decades. The work bucks the widely held notion that fame is ephemeral, a belief held both by average individuals and by those who study the sociology of fame.

Eran Shor is an assistant professor of sociology at McGill University and is one of the authors of the study, which is published in the American Sociological Review.

He and his co-authors used large collections of newspaper archives that spanned decades to study the issue, looking at people in sports and politics and the field where fame is thought to be most fleeting — entertainment.

They found that even a dead celebrity like the eccentric billionaire Howard Hughes continues to feature in news articles long after his death.

"The large, large, large majority of people who get famous stay famous. For a long time. How long, it depends on how famous they got," Shor says.

Shor undertook the work with two colleagues from Stony Brook University, along with a software engineer from Google.

This portion of their ongoing work looks at figures in entertainment.

From a list of tens of millions of names that appeared in the entertainment sections of more than 2,000 newspapers between 2004 and 2009, a random sample of 100,000 names was drawn.

The names were then analyzed to see which appeared most often, with the top 10 from the sample selected for study. And then those names were tracked to see if people who were frequently written about for one year had sustained fame.

The top 10 were actors Jamie Foxx, Bill Murray, Natalie Portman, Tommy Lee Jones, Naomi Watts, John Malkovich, Adrien Brody and Steve Buscemi. Rounding out the group were music producer (and convicted murderer) Phil Spector and the late inventor and billionaire Howard Hughes.

"Here's a group of people that are fairly famous, but perhaps not the most famous of them all — and all of them stick. All of them stay around from year to year. We know who they are, the papers keep writing about them, they stay in some kind of a celebrity (mode). They didn't go away."

THE CANADIAN PRESS

Stuck in my head

"We're basically coming out and saying not only is fame not (fleeting), it's extremely sticky."

Eran Shor, assistant professor of sociology at McGill University

One small business, and one giant step for youth employment

YOUR MONEY
Alison Griffiths
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Take an innovative restaurant in Toronto called The Depanneur, add in a guest program for young chefs-in-the-making, stir, season and serve up a dish that helps solve youth unemployment.

OK, maybe I'm stretching it a bit, but owner Len Senater is using his business to help young chefs, such as my daughter and recent graduate, Quinn Cruise, get started.

Recently, she created Japanese Hambaagu, a sushi rice bowl topped with slider-like Asian meatballs, creamy mushrooms, a fried egg, edamame and a side of Japanese pickle. Drooling yet?

The guest chef develops a dish, pays for the ingredients and keeps a portion of the take.

Supported by a volunteer sous-chef, well-known vegan and raw chef, Mary Hulbert, Quinn cooked up a storm and pocketed $175 before expenses.

This isn't just a make-work program. If every business were as creative as Senater's, unemployed or underemployed youth would have the opportunity to demonstrate their skills in the marketplace.

This very small business (affectionately called The Dep) offers up to 150 young chefs a shot annually. Multiply this by giant, mid-size and small enterprises across the country and Canada could develop a concerted effort to provide work experience for the young.

And benefits accrue to the host. "It's also inherently viral," Senater points out. "Each new chef brings friends and family to their events, introducing the Dep to way more people than I could on my own."

Many businesses have internships, but it's so random that finding them can be difficult. In contrast, a nation-wide program, including a central database, to help youth find job experience would not only be a productivity boost, but would pay forward into the impending employee shortage when the baby boomers finally retire.

Even better, a percentage of these positions should be earmarked for those with disabilities. Among this group the unemployment rate hovers in the 60 per cent or greater range. My job-seeking daughter is deaf and part of that statistic.

Quinn Cruise in the kitchen of The Dep. CONTRIBUTED

"This experience really showed that I don't need hearing to be a good chef," Quinn says. "It also gave me a good idea about what to expect when I might head a restaurant one day."

It all adds up to a win-win in my books.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Debt payments. Four credit score myths busted

Seperate the credit score myths from the facts. NEWS CANADA

Your credit score is a three-digit number ranging from 300 to 900 that tells future lenders how risky it is to lend you money based on your history of making debt payments.

There are many misconceptions about what it takes to keep your score high. We asked Henrietta Ross, the CEO of the Canadian Association of Credit (CACCS) to help us sort fact from fiction:

Myth 1
You must use major credit cards to build a good score.
Truth
If you're unable to obtain a major credit card, there are other ways to build your credit history. Making regular payments on instalment loans such as a car lease can positively affect your score, as do department-store cards and secure credit cards, which require a cash deposit in the amount of the credit limit.

Myth 2
You can't make up for mistakes such as late payments.
Truth
It takes time, but your credit will become positive as you build consistency with timely payments, Ross says. How much time it will take depends on a number of factors, including how long the late payment has been on your record and how long you've had the debt.

Myth 3
Paying cash boosts your score.
Truth
You need to use credit in order to demonstrate your ability to make payments. Using credit at least once every 30 days and making payments on time will keep you in good standing, says Ross.

Myth 4
I will not qualify for a mortgage if I've had a poor credit score.
Truth
Lenders look at your entire financial picture, including your assets, available cash flow and debt-to-income ratio. They'll also review your housing expense-to-income ratio, which is a comparison of your expected monthly mortgage payment with your gross monthly income. For more information on buying a home please visit, genworth.ca NEWS CANADA

RBC Royal Bank

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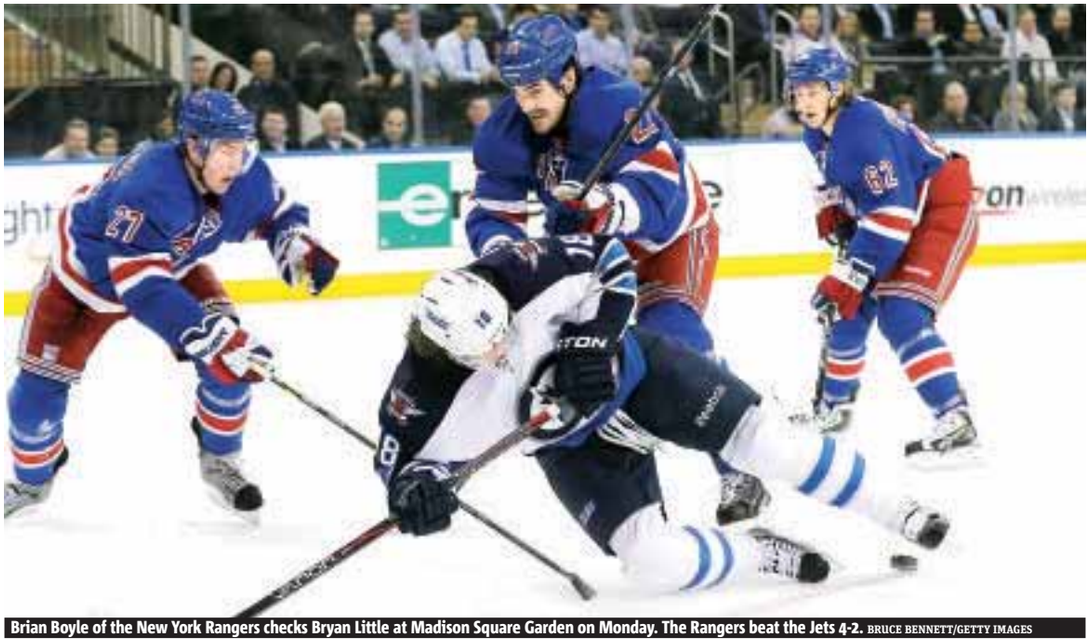
*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



Brian Boyle of the New York Rangers checks Bryan Little at Madison Square Garden on Monday. The Rangers beat the Jets 4-2. BRUCE BENNETT/GETTY IMAGES

Rangers pull ahead in 3rd to down Jets

NHL. New York erupts with four goals after being shut out 6-0 in their last two games

On Monday

Rangers	Jets
4	2

Derek Stepan scored twice, including the go-ahead goal in the third period, to lead the New York Rangers to a 4-2 win over the Winnipeg Jets on Monday night.

Ryan Callahan had a goal and three assists as the Rangers snapped a two-game losing streak, picking up two vital points in their fight to hold onto a playoff spot in the Eastern Conference. New York started the night clinging to eighth place.

Rick Nash also scored for New York and Henrik Lundqvist made 26 saves.

The Southeast Division-leading Jets got goals from Nik Antropov and Zach Bogosian in their third straight loss. Ondrej Pavelec stopped 31 shots for Winnipeg.

Stepan broke a 2-2 deadlock in the third as he pounced on the rebound of Anton Stralman's shot from the left point and knocked the puck past Pavelec at 5:46.

Nash gave the Rangers a 4-2 lead at 13:07.

The Jets led 2-1 after dominating the opening period.

The Rangers struck first as Stepan slipped behind the Winnipeg defence to beat Pavelec 19 seconds in, New York's first goal in three games. The Rangers were blanked by identical 3-0 scores in their prior two games in Ottawa and Montreal.

Winnipeg took the lead at 12:54 as Bogosian fired a point shot that appeared to deflect off someone before it flew past Lundqvist.

The Jets outshot the Rangers 11-7 in a period where they spent long stretches in the New York zone.

The Rangers were much better in the second period, outshooting the Jets 15-7 while pulling even on Callahan's brilliant short-handed tally at 3:11.

THE ASSOCIATED PRESS

NHL

Bouwmeester latest big-name Flame to go

The Calgary Flames continued to usher big names out the door with the trade of defenceman Jay Bouwmeester to the St. Louis Blues on Monday.

The move comes just ahead of the NHL's trade deadline Wednesday and on the heels of Calgary dealing captain Jarome Iginla to Pittsburgh last week.

The Flames get a conditional first-round draft pick, 22-year-old defenceman Mark Cundari and 26-year-old Swiss goaltender Reto Berra for Bouwmeester.

If the Blues don't make the post-season, Calgary gets a fourth-round pick in this year's draft and the first-round selection will be deferred to 2014.

THE CANADIAN PRESS

NHL

Crosby, Subban, Bobrovsky earn March stars

Sidney Crosby's broken jaw was the unfortunate end of a spectacular month.

The NHL named Crosby the first star for the month after the Penguins captain's 25 points in 15 games helped Pittsburgh go undefeated in March.

Montreal defenceman P.K. Subban was named second star, while Columbus goaltender Sergei Bobrovsky took third star.

In weekly award winners, Toronto forward Joffrey Lupul was named first star, followed by San Jose goaltender Antti Niemi and Edmonton forward Taylor Hall.

THE CANADIAN PRESS

Dickey ready to deliver under the dome

Blue Jays catcher J.P. Arencibia talks with R.A.Dickey during a workout on Monday at Rogers Centre. DAVID COOPER/TORSTAR NEWS SERVICE

While some baseball traditionalists decry the roof and artificial turf at Rogers Centre, R.A. Dickey sees a controlled environment and smiles.

Life under the dome has been good for the knuckleballer.

"The climate's not an issue. You don't have to worry about wind gusts. You don't have to worry about rain and moisture," said the 38-year-old right-hander, who opens for the Toronto Blue Jays against Justin Masterson and the Cleveland Indians on Tuesday.

"It's usually a constant temperature. The grass usually is the same — especially here," he added with a grin.

That's the simple answer. Like most things, Dickey has thought through the issue.

"In domes, a lot of times it depends on how much humidity gets inside," he adds, getting into the topic.

If the roof is left open on a hot day and then closed just before game time, the humidity is trapped inside without much circulation, he explained.

"It's hard to throw a knuckleball in that environment," he said.

THE CANADIAN PRESS

Knuckleballer

"I usually have fairly good numbers inside domes — traditionally."

Blue Jays pitcher R.A. Dickey

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
What would you do if you knew all things were possible? So do it. Cosmic activity is so much in your favour at the moment that anything you try this week will work out well, maybe even spectacularly.

♉ Taurus
April 21 - May 21
The more you push, the more others will resist you and the more frustrated you will get. Maybe you should take the hint and stop trying so hard. Everything will work out for the best.

♊ Gemini
May 22 - June 21
The thing you most need to remember today is that other people need you more than you need them. Maybe you should find a way to remind them how much they struggle when you're not around.

♋ Cancer
June 22 - July 23
So you crave fame and fortune? There's a downside: loss of privacy and everything that goes with it. You don't care and you still want it? OK, now's the time to make your move.

♌ Leo
July 24 - Aug. 23
Is there a belief or code of conduct that guides your actions? Is it living up to what you expected of it? If not, now is a good time to think in different directions. There are many paths to the ultimate goal.

♍ Virgo
Aug. 24 - Sept. 23
This may be a serious time for you but it's by no means unfavourable. In fact, you will find over the next 24 hours that business and financial matters go exceedingly well. No, really, there's no catch.

♎ Libra
Sept. 24 - Oct. 23
Go your own way, do your own thing today and don't worry what others think of it. Every now and again you need to get away from the crowd, and this is one of those times.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be looking forward to a new responsibility but neither should you be facing it with so much anxiety. The worst rarely happens and once you get in the swing of things, you'll sail through.

♐ Sagittarius
Nov. 23 - Dec. 21
Aim to be the best at what you do, today and every day. You've had your five per cent inspiration, now you need to start building up perspiration — that's the other 95 per cent.

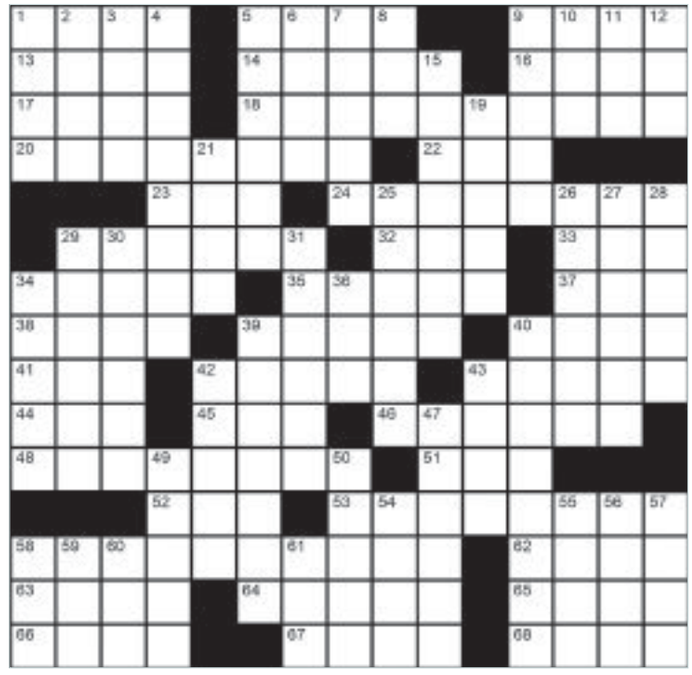
♑ Capricorn
Dec. 22 - Jan. 20
This may be one of those days when everything you say is taken the wrong way. Be that as it may, you must not stop talking. You have a message to get across and the world needs to hear it.

♒ Aquarius
Jan. 21 - Feb. 19
You may be dealing with a number of serious things but you are still allowed to have fun. Make time in your busy schedule to visit a friend who needs cheering up. It will cheer you up too.

♓ Pisces
Feb. 20 - March 20
You may not be the most practical member of the zodiac but you know what you like and you know how to get it. You also know that you should never let a good opportunity slip away, so get busy. **SALLY BROMPTON**

Crossword: Canada Across and Down

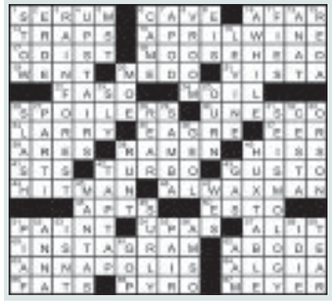
BY KELLY ANN BUCHANAN



Across
1. Sports org.
5. Up for it
9. Schooling reason, for short
13. Lofty title
14. Mr. Jannings, and others
16. Filing cabinet abbr.
17. Sir Guinness
18. NDP leader: 2 wds.
20. Stanley __, role in "A Streetcar Named Desire" (1951)
22. "__ Another Day" (2002)
23. Margarine holder
24. Jim Carrey/Matthew Broderick movie, "The __ __" (1996)
29. Self-sacrificer
32. Void, in Paris
33. Single
34. November's birthstone
35. 'Singing Cowboy' Gene
37. Time period
38. Rio's locale, for short
39. Suspicious
40. River of Russia
41. Q. "Is __ '_' that Canada begins with?" A. "Yes."
42. Uniform symbol
43. Way to buy movies, __ _ _ _
44. Encouraging exclamation!
45. Slangy one-eighty turn
46. Snake-haired Gorgon
48. Clothes-storing furniture pieces
51. Points out a suspect, for short
52. Languish
53. Tabasco, for one: 2 wds.
58. Canadian band, Bedouin __
62. After shave brand
63. Plinth
64. "__ Was a Lady"
65. Cheerful music
66. "__ better believe it!"
67. "Back in the _._._._" by The Beatles
68. Prefix meaning 'Outer'

Down
1. Escape
2. __ Alto, California
3. Mushroomed
4. Infamous prison
5. What Ringo does with 'a little help' from his friends: 2 wds.
6. "Star Trek" episode, __ Time
7. Imitate
8. Street for Freddy
9. Host an event
10. Prefix to 'gram' (Drawing)
11. __/_ (Them/You opposite)
12. "Proud Mary" gr.
15. Home of the Big Nickel in Ontario
19. Canadian actress, Evangeline __
21. Kellan of 'Twilight' movies
25. Pre-sporting event song
26. Defends
27. __ Bay, Nunavut
28. Give way
29. Bricks and __
30. Helicopter Prince Harry flies
31. Viking, for one
34. "Grease" (1978) gang member, _-__
36. 18th U.S. President ...his monogram
39. Tin-glazed earthenware
40. Broken/needs to be replaced
42. Worked in a restaurant
43. Betting likelihoods
47. "Take your pick."
49. Church council
50. Fish that are like herrings
54. Suffix with 'Psych'
55. Type of acid
56. "She Sells Sanctuary" by The __
57. 'Palm' suffix
58. Tofu base
59. Gold, in Spain
60. Arctic knife
61. Fiji's __ Islands

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		3		5		9	
8			7		4			2
	7			9			1	
		5				8		
7	4						2	1
		1				9		
	8			3			7	
5			6		2			9
	9		4		8		6	

Yesterday's Sudoku

3	9	7	6	5	2	1	8	4
6	4	2	3	8	1	5	7	9
5	8	1	9	7	4	3	6	2
7	3	4	2	1	6	9	5	8
9	6	5	4	3	8	7	2	1
1	2	8	5	9	7	4	3	6
4	1	6	7	2	3	8	9	5
8	5	3	1	6	9	2	4	7
2	7	9	8	4	5	6	1	3

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -6° MIN: -19°	MAX: 2° MIN: -9°	MAX: -4° MIN: -8°

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